

## JOURNAL OF DISTORTED, NEGATIVE THOUGHTS

When you are caught in the web of depression and hopelessness, you need to identify those situations and thoughts that are pushing you to the edge of life. This exercise helps you discover those distorted, discouraging thoughts and the situations that seem to trigger them. It is also important that you attempt to gain some perspective on your life by identifying the positive aspects of your situation and those people who support and care for you.

1. Keep a daily record of the trigger situations and your self-defeating, negative thoughts that lead to consideration of suicide.

<b>Incident One</b> Day/Date:	Trigger Situation	_____
		_____
		_____
	Discouraging Thought	_____
		_____
		_____



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<b>Incident</b> <b>Two</b> Day/Date: _____ _____	Trigger Situation	_____ _____ _____
	Discouraging Thought	_____ _____ _____

<b>Incident</b> _____ Day/Date: _____ _____	Trigger Situation	_____ _____ _____
	Discouraging Thought	_____ _____ _____

<b>Incident</b> _____ Day/Date: _____	Trigger Situation	_____ _____ _____
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<b>Incident</b> _____ Day/Date: _____ _____	Trigger Situation	_____ _____ _____
	Discouraging Thought	_____ _____ _____

2. What are the most commonly occurring discouraging thoughts? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. After reviewing the list of discouraging thoughts, replace these with more positive or reality-based self-talk. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What situations are causing you the most conflict and hopelessness? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What are the positive aspects of your present life that provide a sense of hope?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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6. Who are the people you can turn to for help and support? \_\_\_\_\_  
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\_\_\_\_\_